

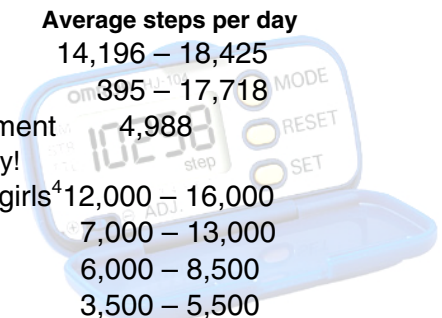
# Walking the Walk

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## How many steps per day should people walk?

- Current recommendations suggest walking 10,000 steps a day for good health. A pedometer can count steps or distance or both, but typically under-records steps in women, especially women with a BMI equal to or greater than 27.<sup>1</sup> Research shows that people walk varying numbers of steps. For instance:

	Average steps per day
Women, Men of Old-Order Amish, Canada <sup>2</sup>	14,196 – 18,425
Patients with total hip or knee replacement <sup>3</sup>	395 – 17,718
Patients with at least one total hip or knee replacement 0.9 million cycles per year per joint of the lower extremity!	4,988
Healthy children 8 to 10 years old, usually less for girls <sup>4</sup>	12,000 – 16,000
Healthy young adults, usually less for women	7,000 – 13,000
Older adults without diagnosed disease	6,000 – 8,500
Men/Women with disabilities and chronic illnesses	3,500 – 5,500



## Does a woman walk like a man?

- No—and science has quantified some differences. In several walking trials,<sup>5</sup> the women walked with more pelvic obliquity compared to men (9.4 v. 7.4 degrees, respectively). Obliquity is motion of the pelvis in the coronal plane—an imaginary horizontal rectangle through the pelvis. Men, however, displaced more center of mass—up and down motion—compared to women, but not much (3.7 v. 3.3, respectively). In plain English: women sway, men bounce. Pelvic obliquity saves energy. It also increases lumbosacral motion—its value is unknown.

## What is the value of example compared to advice?

- Research shows that walking with a group is more apt to increase activity than merely listening to advice.<sup>6</sup> 260 men and women aged 40 to 70 years old who had been active less than 2 hours a week either walked or listened to advice on physical activity and cardiovascular health. After a year, people taking “health walks” with the doctors and the community walking leaders had increased their weekly moderate intensity activity time *more* than the people merely receiving advice and instruction. Example can be effective!
- Walk the walk as you talk the talk!* Great teachers have done this for centuries.



<sup>1</sup> M Silva and others. Average patient walking activity. J Arthroplasty 2002 Sep;17(6):696-7.

<sup>2</sup> Bassett, DR. Medicine & Science in Sports and Exercise, 2004 Jan;36:79-85.

<sup>3</sup> TP Schmalzried and others. Quantitative assessment of walking activity after total hip or knee replacement. J Bone Joint Surg Am 1998 Jan;80(1):54-9

<sup>4</sup> CE Tudor-Locke, AM Myers, Methodological considerations for researchers and practitioners using pedometers to measure physical (ambulatory) activity. Res Q Exerc Sports 2001 Mar;72(1):1-12.

<sup>5</sup> LK Smith and others. Gender differences in pelvic motions and center of mass displacement during walking: stereotypes quantified. J Womens Health GendBased Med 2002 Jun;11(5):453-8.

<sup>6</sup> SE Lamb and others. Can lay-led walking programmes increase physical activity in middle aged adults? A randomized controlled trial. J Epidemiol Community Health 2002 Apr;56(4):246-52.

## How fast does an adult need to walk?

- Just move! After 73,743 women age 50-79 without heart disease completed questionnaires about their physical activity, their cardiovascular events were studied over time.<sup>7</sup>
- Walking at a moderate pace lowered coronary and cardiovascular risk as well as vigorous activity did. A more brisk walk or fewer hours of sitting predicted lower cardiovascular risk.

## The fun factor

- If you walk all day in a building or if you work hard doing housework, you may accumulate plenty of steps each day yet become exceedingly bored. Life is more than work or exercise. What is needed is variety—some spice in life.
- Do you need to enjoy warm sun on your back or blustery weather in your face?
- Do you take time to appreciate the hills and valleys, the pastures and lakes, the sand and the sea, or the bluffs and the sky near you?

## We all need daily contrast—activity & rest, exertion & relaxation

- Creatures are born with feet, not chairs—yet creatures rest. Nature’s plan is to move, not stagnate, and afterwards to rest. Yet there’s more!
- An active body and an active mind can bring the most health and happiness—yet rest is essential. Although the best pedometer cannot prevent boredom or bring enjoyment, a pedometer can help you to realize that with activity, there can be either too little or enough of any good thing.

## How much physical activity is “enough”?

- Some people use 30-60 minutes a day as a guide to enough physical activity. “Aerobic” activity is too strenuous to sing, but not too strenuous to talk.
- Some people compute aerobic miles—walking or jogging or running a mile at any pace equals one aerobic mile. To begin at a comfortable level seems wise.
- Some people like the simplicity of walking an average of 10,000 steps a day—a figure based on the habits of healthy people and on recovering people.

## The benefits of balance

- How many steps a day do you take to get your house clean and tidy? Let the pedometer count them! Whatever the total, do you need “fun” steps besides?
- How many steps do you take in an average workday? You might be surprised! Will you need “fun” steps or merely more steps?
- A pedometer is a fun way to analyze your habits, and can be a means of helping you to enjoy a more balanced lifestyle.

<sup>7</sup> JE Manson and others. Walking compared with vigorous exercise for the prevention of cardiovascular events in women. N Engl J Med 2002 Sep5;347(10):755-6. 2-17-04